

# Healthy Habits Virtual Nutrition Workshops



## Presented by The Community Food Bank of New Jersey

### **“Meal Planning” Tuesday, September 15, 12 pm-1 pm**

Learn strategies for planning healthy meals and snacks using low cost, readily available foods.

### **“Cooking Matters at the Store Tour” Tuesday, September 22, 12 pm-1 pm**

Learn how to purchase nutritious food through different sections of the grocery store while on a budget.

### **“Stretching Food Dollars” Tuesday, September 29, 12 pm-1 pm**

Learn how to save money and budget when it comes to food shopping, how to use the supermarket circular to find deals, and how to create a shopping list.

**Registration links can be found at [www.metuchenlibrary.org/calendar](http://www.metuchenlibrary.org/calendar), or email [metuchenpubliclibrary@lmaxac.org](mailto:metuchenpubliclibrary@lmaxac.org) to register.**

